Very Brief Advice on Smoking: Housing Briefing

ASK

Smoking remains one of the leading causes of fatal house fires.

"Do you or anyone else in the household smoke tobacco or cigarettes?"

ADVISE

Advise on the most effective way to stop smoking

"I know it can be hard to quit smoking, but you did know that the best way of stopping smoking is with a combination of specialist support and medication or vape?

We can provide you with six months free access to the Smoke Free app, including four weeks free nicotine replacement therapy or vape. The app's expert advisors can help you to develop a plan tailored to you and be there to support you as often as you need. Many people we speak to find the app really useful"

ACT

Interested in using the Smoke Free app

I will send you a link to download the app and a code to access the support.

The app requires a quit date upon download; this can be changed later after discussion with the advisor

Not interested in using the Smoke Free app

There are other ways to get support to stop smoking

You can contact your local stop smoking service, GP or pharmacist

Not interested in quitting

It's your choice of course, you can call us back if you change your mind